FOOD SAFETY AND STANDARDS AUTHORITY OF INDIA

Inspiring Trust, Assuring Safe & Nutritious Food

Good Hygienic Practices

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Training Program for FSOs

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Good Hygienic Practices

Form the basis of all food hygiene systems that support the production of safe and suitable food.

GHP are the foundation of any effective food safety management programme, and implementing them gives food business operators a system for controlling food safety hazards.

GHPs refer to all practices regarding the conditions and measures necessary to ensure the safety and suitability of food at all stages of the food chain from primary production through to handling of the final product. (Codex)

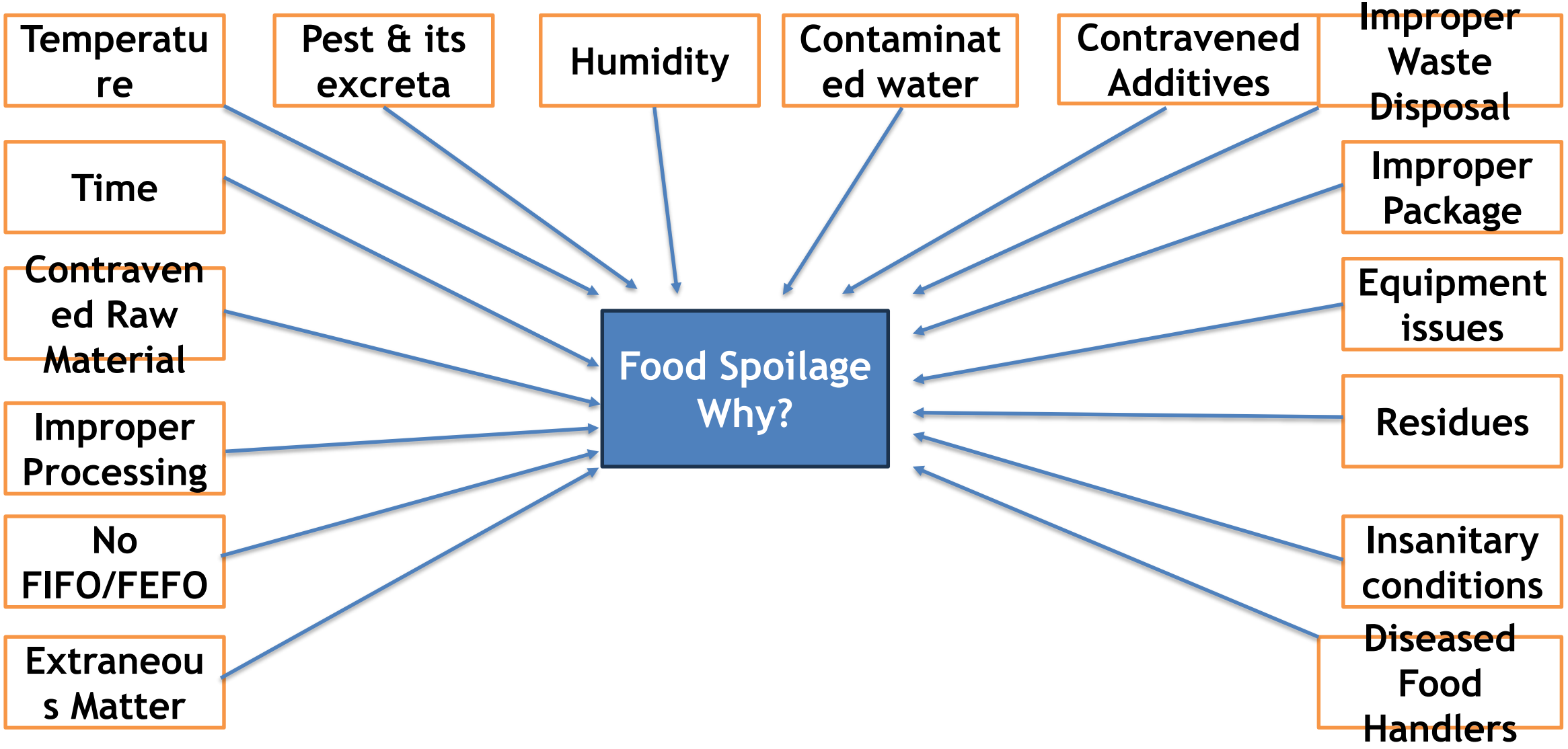
GHP - Components

- Primary production (e.g. farming and animal husbandry).
- Design of facilities and equipment.
- Training and competence.
- Establishment maintenance, cleaning and disinfection, and pest control.
- Personal hygiene.
- Control of operation.
- Product information and consumer information.
- Transportation.

Food Spoilage

- Occurs when the original nutritional value, texture and/or flavour of the food are affected or degraded, and the food become harmful to people and unsuitable to eat.

Food Spoilage



Important GHP Parameters

Medical Fitness

PERFORMA FOR MEDICAL FITNESS CERTIFICATE FOR FOOD HANDLERS

(FOR THE YEAR .....)

(See Para No. 10.1.2, Part- II, Schedule - 4 of FSS Regulation, 2011)

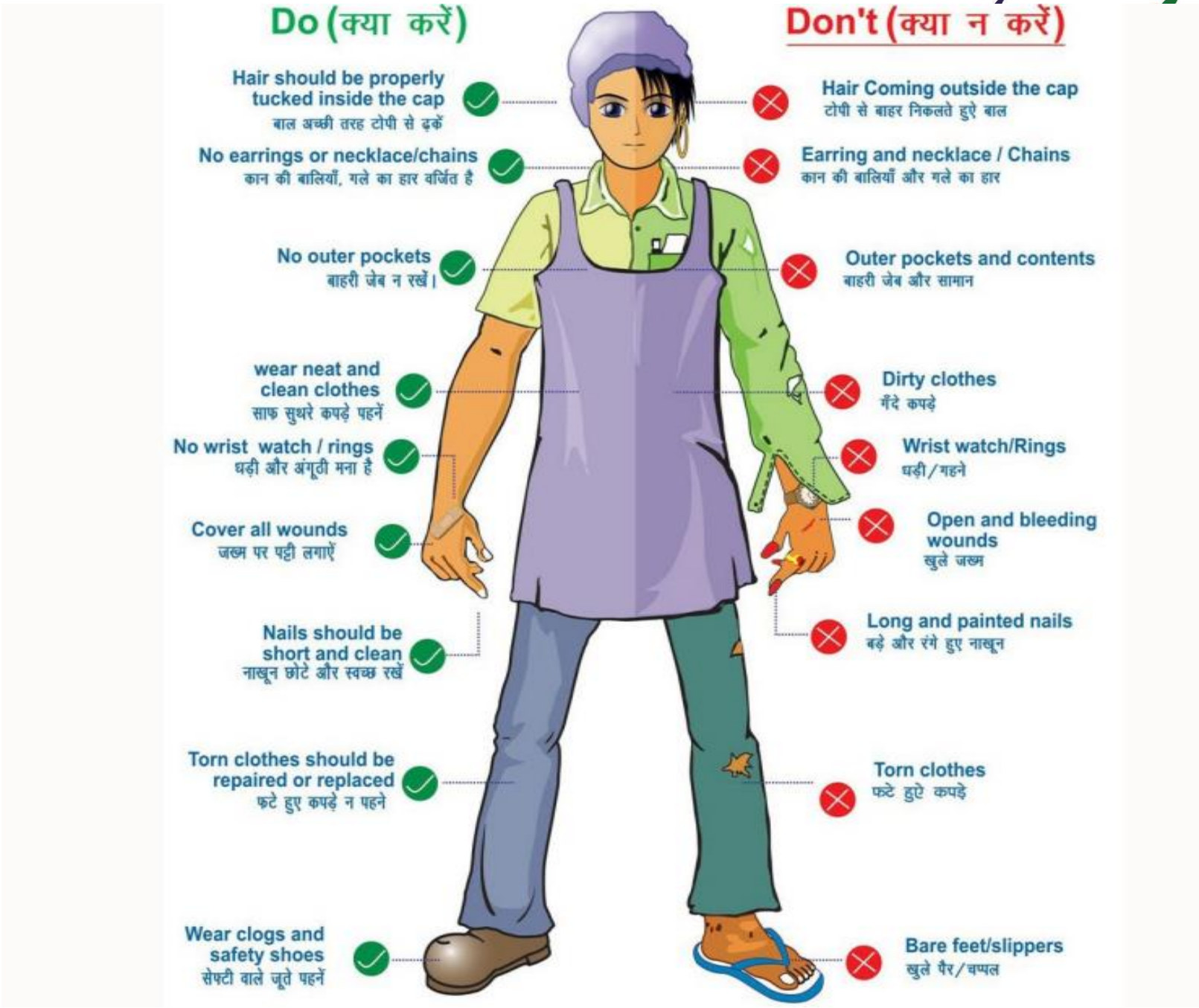
It is certified that Shri/Smt./Miss..... employed with M/s....., coming in direct contact with food items has been carefully examined* by me on date ..... Based on the medical examination conducted, he/she is found free from any infectious or communicable diseases and the person is fit to work in the above mentioned food establishment.

Name and Signature with Seal
of Registered Medical Practitioner /
Civil Surgeon

***Medical Examination to be conducted:**

1. Physical Examination
2. Eye Test
3. Skin Examination
4. Compliance with schedule of Vaccine to be inoculated against enteric group of diseases
5. Any test required to confirm any communicable or infectious disease which the person suspected to be suffering from on clinical examination.

Food Handlers Protective Cloths


Do (क्या करें)
Don't (क्या न करें)
Hair should be properly tucked inside the cap
बाल अच्छी तरह टोपी से ढ़कें
Hair Coming outside the cap
टोपी से बाहर निकलते हुऐ बाल
No earrings or necklace/chains
कान की बालियाँ, गले का हार वर्जित है
Earring and necklace / Chains
कान की बालियाँ और गले का हार
No outer pockets
बाहरी जेब न रखें।
Outer pockets and contents
बाहरी जेब और सामान
wear neat and clean clothes
साफ़ सुथरे कपड़े पहनें
Dirty clothes
गँदे कपड़े
No wrist watch / rings
घड़ी और अंगूठी मना है
Wrist watch/Rings
घड़ी/गहने
Cover all wounds
जख्म पर पट्टी लगाऐं
Open and bleeding wounds
खुले जख्म
Nails should be short and clean
नाखून छोटे और स्वच्छ रखें
Long and painted nails
बड़े और रंगे हुए नाखून
Torn clothes should be repaired or replaced
फटे हुए कपड़े न पहने
Torn clothes
फटे हुऐ कपड़े
Wear clogs and safety shoes
सेफ्टी वाले जूते पहनें
Bare feet/slippers
खुले पैर/चप्पल

Hand Washing Technique

When to wash the hands

After Using the Toilet, Urinal or anytime you visit the restroom for any reason
Before and After Handling or Preparing any Food Item
Before and After handling raw meats, raw poultry of other raw foods
After Sneezing, Coughing or Scratching Any Part of Your Body
Before Serving Food, Beverages, Setting or Waiting Tables
After Handling a Tissue or Handkerchief
After Cleaning, Washing Dishes or Bussing Tables
After Touching Your Face, Hair, Clothes or Any Part of Your Body
Employees are required to wash your hands BEFORE beginning work, BEFORE working with foods and AFTER any activity that could contaminate the food and equipment you are working with.
Before Putting Gloves on, or Anytime You Take Gloves Off
After Eating, Drinking and After Breaks
After Smoking, Chewing Gum or Chewing

Bad Habits of Food Handlers

Food handlers should NOT EAT CHEWING GUM OR PAN MASALA in food handling area

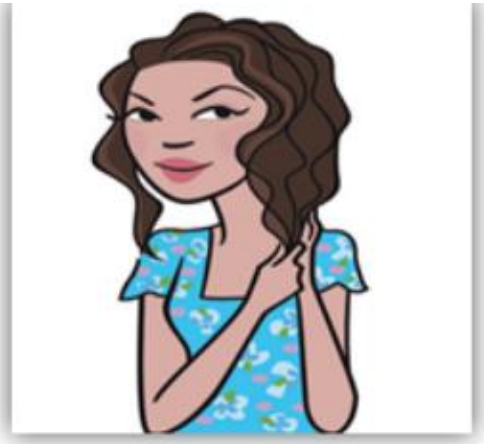
Food handlers should NOT EAT OR TASTE FOOD in food handling area

Staff with cough and sneezes must NOT HANDLE FOOD, alternatively must wear a face mask

SPITTING is prohbitted in food handling area

DO NOT SMOKE

Bad Habits of Food Handlers



Food handlers shall avoid certain hand habits such as scratching nose, running finger through hair, rubbing eyes, ears and mouth, scratching beard, scratching parts of bodies etc.

Bad Habits of Food Handlers

No jewellery allowed

Nails should be trim with no nail paint

Hair should be trim with hair net

No perfume allowed

Cuts should be dressed

No mobile phone allowed

Visitor management

Visitor policy shall be documented

Visitor shall be given visitor card with restricted entry

Visitor shall wear protective clothing & footwear and shall adhere to food safety provisions as mandate.

Thank You